

### 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To deny chances, win the ball back and score

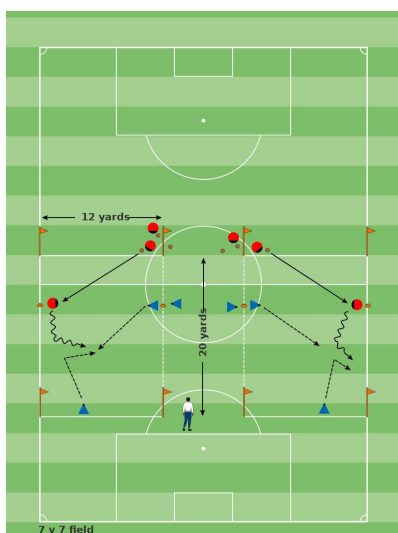
ORGANIZATION: Mark out three 20 x 12-yard fields. Divide players into six pairs, who play 2 v 2 on goal lines (pass on the ground to score). Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Pressure and cover, attack the ball, communicate

GUIDED QUESTIONS: 1) How can you keep the opponent away from your goal? 2) How can you help each other defend? 3) How close should the cover be?

ANSWERS: 1) Block the path to it; stop attackers and force them away from the goal. 2) The closest defender stops the ball carrier while the other defender provides cover. 3) Close enough to step to the ball if the other defender gets beat off the dribble, but also close enough to cut off the pass to the other attacker.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



### PRACTICE (Core Activity): 1 v 2 on Goal Lines

OBJECTIVE: To outnumber opponents, win the ball back and score

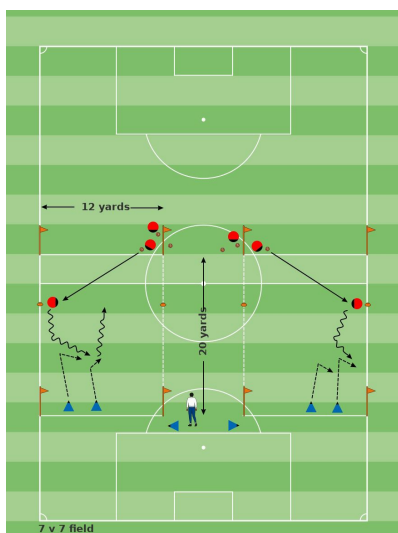
ORGANIZATION: Mark out two 20 x 12-yard fields. Assign attackers and defenders to starting positions as shown. Play begins with a pass to the first attacker. Players play 1 v 2 on the endlines (dribble across to score). Play for 30 minutes with two breaks.

KEY WORDS: Close the attacker down, attack the ball, pressure and cover

GUIDED QUESTIONS: 1) What's the job of the defender closest to the ball? 2) What does the second defender do? 3) How close should the cover be?

ANSWERS: 1) To apply pressure and to stop or slow down the attack. 2) Drop back, cover the first defender. 3) Close enough to step to the ball if the other defender gets beat off the dribble.

NOTES: Start with the Core Activity after the first Play Phase. If it's too difficult, switch to the Less Challenging Activity. If it's too easy, switch to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase.



### PRACTICE (Less Challenging): 1 v 2 on Goal Lines

OBJECTIVE: To outnumber opponents, win the ball back and score.

ORGANIZATION: Same as core activity, except both defenders start out on the endline. Play for 30 minutes with two breaks.

KEY WORDS: Close the attacker down, attack the ball, pressure and cover

GUIDED QUESTIONS: 1) What's the job of the defender closest to the ball? 2) What does the second defender do? 3) How close should the cover be?

ANSWERS: 1) To apply pressure and to stop or slow down the attack. The first defender steers the attacker toward the second. 2) Drop back, cover the first defender. 3) Close enough to step to the ball if the other defender gets beat off the dribble.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.



### PRACTICE (More challenging): 1 v 2 on Goal Lines

**OBJECTIVE:** To outnumber opponents, win the ball back and score

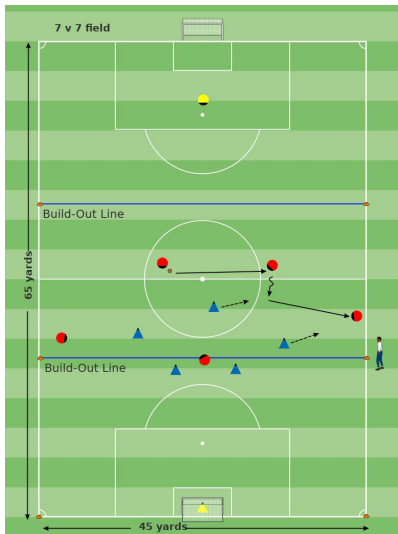
**ORGANIZATION:** Same as core activity, except the second defender starts from the other endline and the first attacker dribbles onto the field.

**KEY WORDS:** Close the attacker down, attack the ball, pressure and cover

**GUIDED QUESTIONS:** 1) What's the job of the defender closest to the ball? 2) What does the second defender do? 3) How close should the cover be?

**ANSWERS:** 1) To apply pressure and to stop or slow down the attack. The first defender steers the attacker toward the second. 2) Drop back, cover the first defender. 3) Close enough to step to the ball if the other defender gets beat off the dribble.

**NOTES:** Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



### 2ND PLAY PHASE: The Game

**OBJECTIVE:** To deny chances, outnumber the opponent, win the ball back and score.

**ORGANIZATION:** Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

**KEY WORDS:** Stay compact, pressure and cover, move with the ball

**GUIDED QUESTIONS:** 1) How can you keep the opponent away from your goal? 2) How can you help each other defend?

**ANSWERS:** 1) Form a compact block behind the ball, block the path to the goal and force attackers onto the wings. 2) Communicate and move as a unit to follow the ball, outnumber opponents near the ball and double-team the ball carrier.

**NOTES:** Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?